



**Mental health conditions like depression or anxiety can come at any age and can happen to anyone.**

Talk to your doctor or health care provider if you have:

- Thoughts of ending your life
- Sad, empty, or hopeless feelings
- Loss of self worth
- Social withdrawal and isolation
  - Little interest in things you used to enjoy
    - A lack of energy
    - Trouble concentrating
    - Trouble sleeping
    - Weight loss or loss of appetite
    - Increased use of alcohol or other drugs



If you think you may have problems that affect your mental health, **get help**. Medicare helps cover inpatient and outpatient mental health services. Over the next few years, you'll pay a smaller percentage of the Medicare-approved amount for outpatient mental health treatment:

In this year	You pay
2012	40%
2013	35%
2014	20%

For a free copy of "Medicare and Your Mental Health Benefits," visit [www.medicare.gov/publications](http://www.medicare.gov/publications), or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

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